

FIG. 1

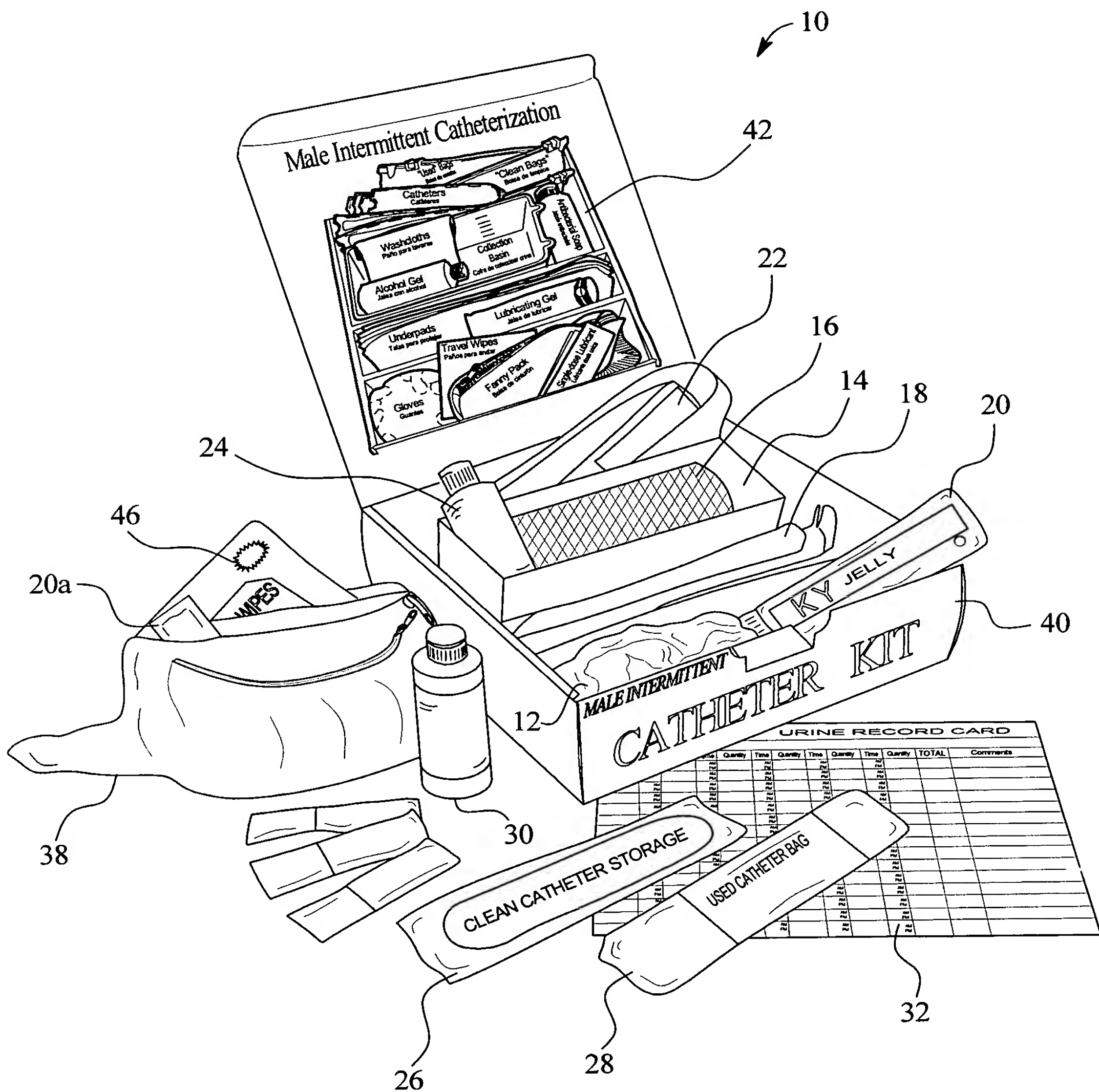


FIG. 1A

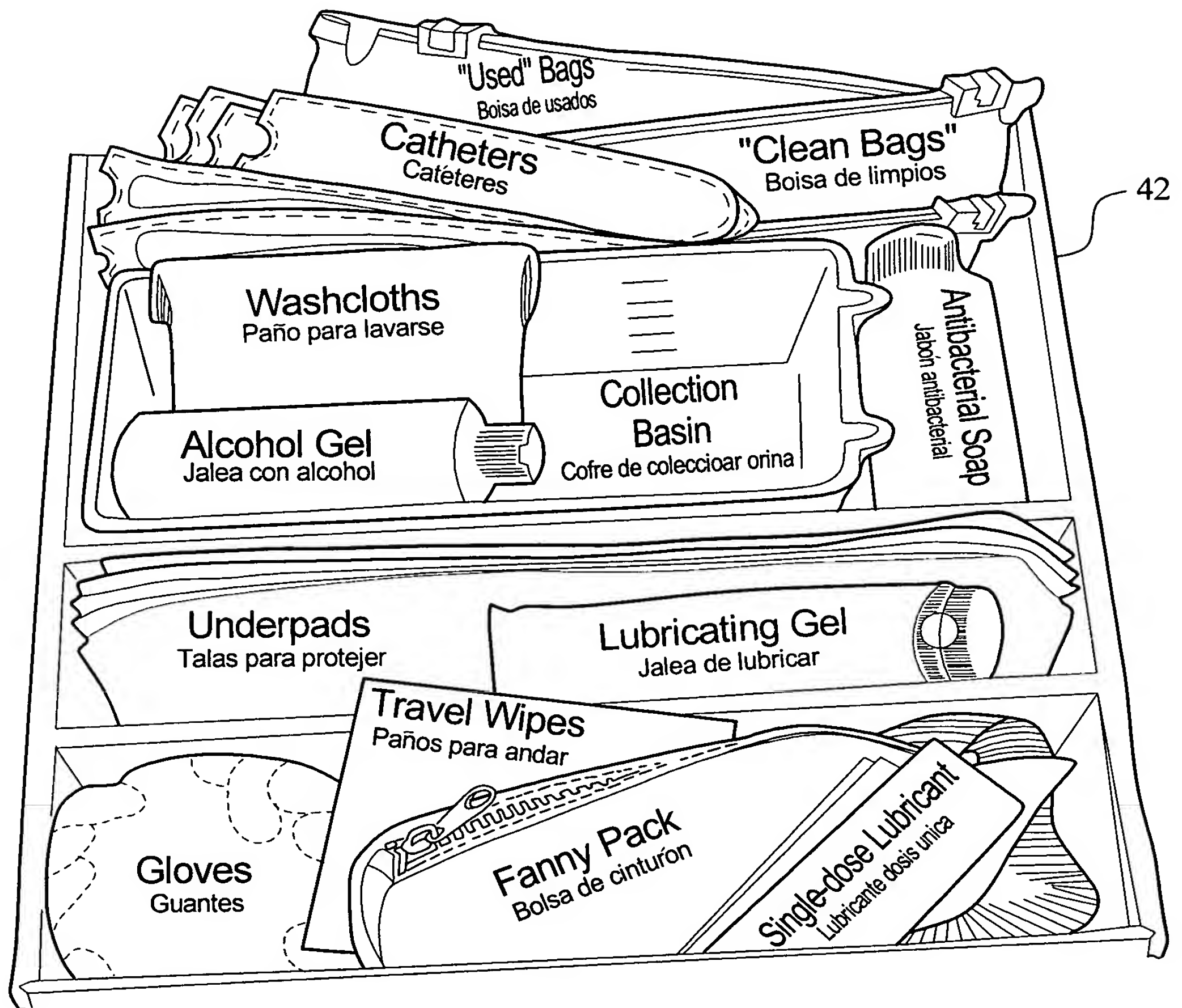


FIG. 2A

Clean Intermittent Catheterization

Step-by-Step

page 1

This guide is to be followed only on the order of a physician. This guide is not a substitute for your health care professional's instructions. All the medical supplies you need are in this kit. The name of each item is printed in color below. Read all the steps and use the Map to locate each one before you begin. Keep everything in the box until the guide tells you to use it.

Prepare for Care

- 1 Get a clean, fresh towel. Wash your hands with Antibacterial Soap and warm water. Dry them only on the fresh towel.

If you have a caregiver do this for you, they should wash hands and put on the Gloves.

Spread out two clean paper towels for a work surface. If you are going to do the procedure on a bed or chair, put the Underpad under your buttocks.

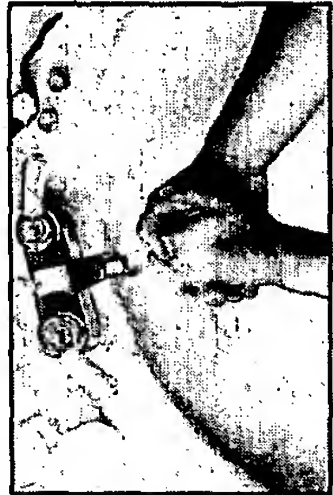
- 2 Wash your penis with the Paper Wash Cloth and Antibacterial Soap and warm water. Clean the head of your penis well, pulling the foreskin back if necessary.

Rinse the Paper Wash Cloth clean, squeeze it dry and place it on a corner of one of the paper towels. Wash and dry your hands again.

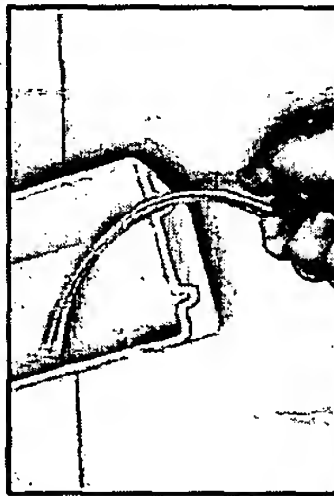
A caregiver wearing gloves does not need to wash again.

The Catheter

- 3 Take the Catheter out of the package and lay it on the paper towel. Flip open the cap of the Lubricating Jelly. Squeeze 3 inches of Jelly onto the Catheter, starting at the tip. Be careful not to touch the Catheter with the tube.



- 4 Hold the Catheter an inch behind the Jelly. Roll it so that the Jelly covers all sides.

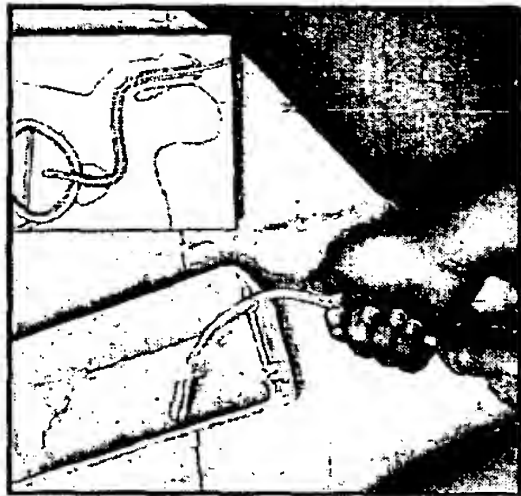


- 5 Lift the Catheter away from the paper towel and lay the wide end in the Collection Container. Move the Container close to your body so you do not accidentally pull the wide end of the Catheter out.



- 6 Hold the penis straight out with one hand and insert the Catheter with the other hand. Pull the penis away from your body to keep the channel straight. Push the Catheter in until a bit of urine comes out.

If the Catheter stops, wait a minute to let the muscles relax, then gently begin to push again.



- 7 Slowly push the Catheter in one more inch. Now lower the angle of the penis. The bladder will empty while you hold the Catheter in place. When the urine stops, slowly pull the Catheter out.

Continued on the back of this page...

FIG. 2B

Clean Intermittent Catheterization

continued...

page 2

Clean for Next Time

8 Take the Catheter to a sink and wash it with Antibacterial Soap and warm water. Hold the Catheter under running tap water to rinse well, inside and out. Shake it several times to get off extra water.

9 Place the Catheter on the clean paper towel to air dry. Pick up the Paper Wash Cloth you left on the paper towel and use it to remove any Jelly left on the head of your penis. Pull the foreskin back down.

10 Check the level of urine in the Container. Record this amount on the Urine Record Card. Notice the color and smell of the urine and write these on the Record Card, also.

11 Empty the Collection Container. Wash the Container with Antibacterial Soap and water. Rinse it well. Close the cap on the tube of Lubricating Jelly. Put all the supplies back in the box. Throw away the Paper Wash Cloth and take away the Underpad.

12 The Catheter should be dry by this time. Put it inside the Plastic Bag marked "Clean Catheter" and zip it closed.

The caregiver may take off the gloves now, throw them away and wash their hands.

When You Travel

A For every four hours you expect to be away, put into the Fanny Pack:

- A clean Catheter in the "Clean Catheter" Bag
- One Packet of Lubricating Jelly
- Two clean paper towels

Also put in the pack of pre-wet Travel Wipes and the "Used Catheter" Bag.

B When it is time to do your procedure, find a place like a bathroom and follow Steps 1-12 above, using the paper towels for a clean work surface.

C When you take the Catheter out, rinse it off if possible and store it in the "Used Catheter" Bag. Wash and dry your hands.

D When you are home again, wash your used Catheters very well with Antibacterial Soap and water. Store them in your "Clean Catheter" Bag.

If you need more supplies, keep the box, this Careguide™ Step-by-Step, the Fanny Pack and your Collection Container. Find the reorder form in the box and call the toll-free number 2 or 3 days before you run out.

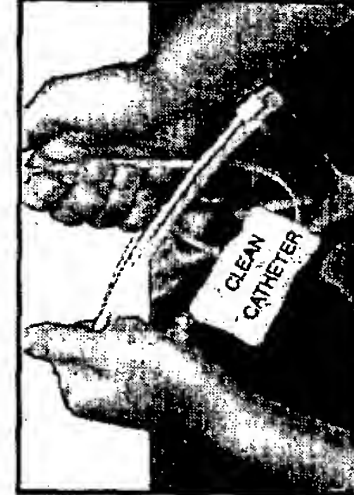
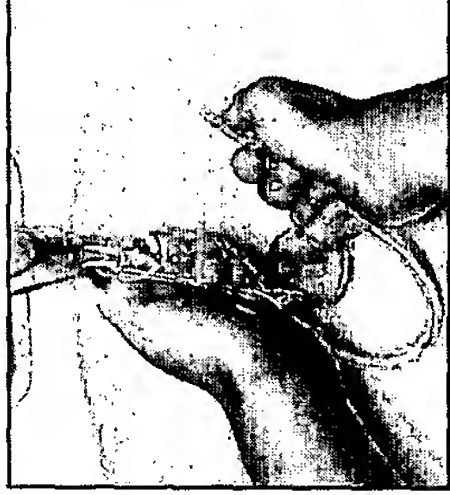


FIG. 3A

34A

Cateterización Intermitente para el hombre

Paso a Paso

pagina 1

Esta Guía debe ser usada solamente con la orden de su doctor. Esta guía no substituye las instrucciones de su doctor o enfermera. Todas las proviciones necesarias estan en la caja. El nombre de cada objeto está escrito a color. Lea todos los pasos y use el mapa para localizar cada uno antes de empezar. Mantenga todo en la caja hasta que la guía le diga cuando usarlo

Preparativos

- 1 Busque una toalla limpia y fresca. Lavese las manos con el Jabón Antibacterial y agua tibia. Sequelas solo con la toalla limpia.

Si tiene a una persona ayudandolo, el o ella debe de ponerse los Guantes despues de averse lavado las manos.

Use dos Toallas de papel limpias como superficie para poder trabajar. Si Ud. va a hacer el procedimiento en la cama o en una silla, ponga las Telas para Protejer debajo de su recto.

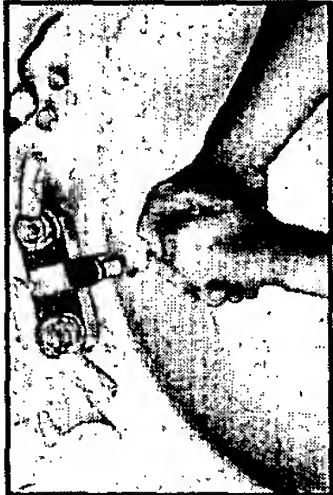
- 2 Lave su pene con el Paño para Lavarse, el Jabón Antibacterial, y agua tibia. Limpie la cabeza de su pene muy bien. Si Ud. no ha sido circuncidado, mueva su piel hacia arriba para poder lavarse mejor.

Remoje el Paño para Lavarse, exprimalo hasta que este seco y pongalo en la esquina de una de las toallas de papel. Lave y seque sus manos otra vez.

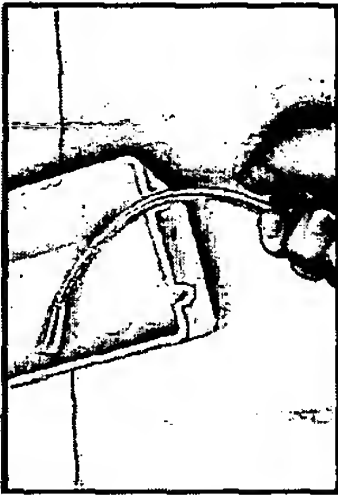
Su ayudante usando guantes no tiene que lavarse otra vez.

El Catétere

- 3 Saque el Catétere de su empaquetaje y colóquelo en la toalla de papel. Abra el pomo de Jalea para lubricar. Exprima 3 inches de jalea en el Catétere, empezando por la punta fina. Tenga cuidado de no tocar el Catétere con el pomo de jalea.



- 4 Sostenga el Catétere de manera que la jalea toque la toalla de papel. Mueva el Catétere en forma circular para que se llene de jalea por todos lados.

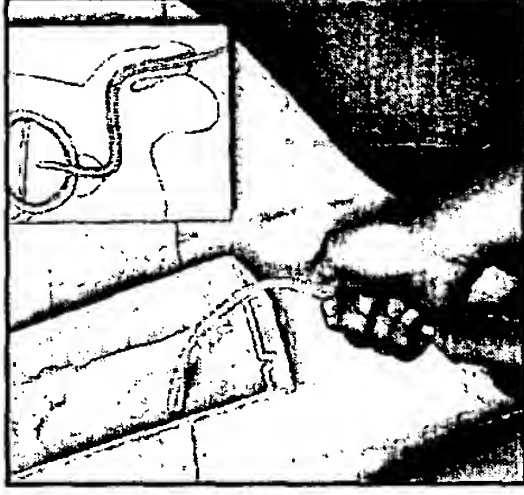


- 5 Recoja el Catétere de la toalla de papel y coloque la punta gruesa del Catétere en el Cofre de Coleccionar Orina. Acerque el cofre a su cuerpo para así evitar que Ud. accidentalmente jale el Catétere fuera del cofre.



- 6 Sostenga el pene en posición recta y firme con una mano, y meta el Catétere con la otra. Jale el pene hacia fuera de su cuerpo para mantener el canal recto. Empuje el Catétere hacia adentro hasta que orine un poquito.

Si el Catétere se detiene, espere un minuto para que se relaje el musculo, y despues trate de meterlo otra vez.



- 7 Lentamente meta el Catétere otro inche más. Ahora rebaje el angulo de su pene. La vejiga se vaciara mientras Ud. mantenga el Catétere en posición. Cuando deje de orinar, lentamente saque el Catétere.

Continua atrás...

FIG. 3B

34A

Cateterización Intermitente para el hombre

continuación...

pagina 2

Limpie para usar la

Proxima Vez

8 Lleve el Catéter a un lavamanos y límpielo con Jabón Antibacterial y agua tibia. Mantenga el Catéter bajo agua para remojarlo bien por adentro y por afuera. Sacudalo bien para sacar toda el agua.

9 Ponga el Catéter en la toalla de papel limpia para que se seque al aire libre. Recoja el Paño para Lavarse que Ud. dejó en la esquina de la toalla de papel y uselo para limpiar los residuos de orina en la cabeza del pene. Baje la piel de su pene otra vez.

10 Chequee el nivel de orina en el cofre. Escriba el número en la Tarjeta Diaria de Orina. Note el color y olor de su orina y escribalo en la tarjeta también.

11 Vacie el Cofre de Coleccionar Orina. Lave el cofre con Jabón Antibacterial y agua. Remojelo bien. Cierre la tapa del pomo de Jalea para Lubricar. Meta de vuelta en la caja todas las provisiones. Bote el Paño para Lavarse, y guarde las Telas para Protejer, pero si no están limpias botelas.

12 El Catéter ya debe de estar seco. Metalo en la bolsa de plastico que dice "Bolsa de Limpios", y ciérrela.

Su ayudante ya se puede quitar los guantes, botarlos y lavarse las manos.

Cuando Viaje

A Por cada 4 horas que Ud. este de viaje meta en la Bolsa de cinturón:
- Un Catéter limpio en la Bolsa de Limpios
- Un Paquete de Jalea para Lubricar
- Dos toallas de papel limpias

Tambien meta el paquete de Paños para Andar y la Bolsa de Usados.

B Cuando sea hora de hacer el procedimiento, encuentre un lugar, como un baño y siga los pasos 1-12, usando las toallas de papel como una superficie limpia de trabajo.

C Cuando termine de usar el Catéter, remojelo si es posible y metalo en la Bolsa de Usados. Lave y seque sus manos.

D Cuando este en casa de vuelta, limpie muy bien los Catéteres usados con Jabon Antibacterial y agua. Guárdelos en la Bolsa de Catéteres limpios.

Si necesita más suministros, guarde la caja, esta guía, la bolsa de cinturón, y el cofre de coleccionar orina. Encuentre en la caja el formulario para ordenar más y llame nuestro número de telefono gratis 2 o 3 días antes de que se le acaben los suministros.

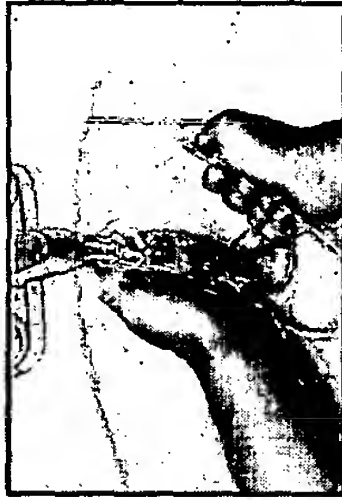
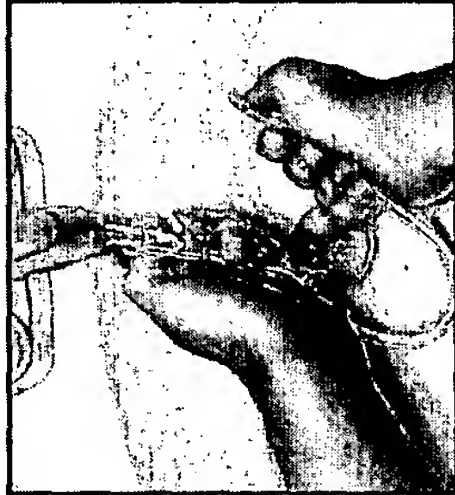


FIG. 4

44

PATIENT'S NAME _____

SELF CARE DOCUMENTATION

Male Clean Intermittent Catheterization

Step-by-Step

page 1

This sheet is a reduced-size copy of the patient's illustrated, full color instructions. The purpose of this sheet is to confirm that self care training has been carried out by the clinician and understood by the patient and/or caregiver.

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- 2** Wash your penis with the Paper Wash Cloth and Antibacterial Soap and warm water. Clean the head of your penis well. If you are uncircumcised, pull the foreskin back to wash well.

Rinse the Paper Wash Cloth clean, squeeze it dry and place it on a corner of one of the paper towels. Wash and dry your hands again.

A caregiver wearing gloves does not need to wash again.

The Catheter

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- 4** Hold the Catheter an inch behind the Jelly. Roll it so that the Jelly covers all sides.
- 5** Lift the Catheter away from the paper towel and lay the wide end in the Collection Container. Move the Container close to your body so you do not accidentally pull the wide end of the Catheter out.
- 6** Hold the penis straight out with one hand and insert the Catheter with the other hand. Pull the penis away from your body to keep the channel straight. Push the Catheter in until a bit of urine comes out.
If the Catheter stops, wait a minute to let the muscles relax, then gently begin to push again.
- 7** Push the Catheter in another inch, slowly. Now lower the angle of the penis. The bladder will empty while you hold the Catheter in place. When the urine stops, slowly pull the Catheter out.

Check here when Page 1 of training is complete. ☐

Provider initials _____

Patient initials _____

Male Clean Intermittent Catheterization

continued...

page 2

Clean for Next Time

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The caregiver may take off the gloves now, throw them away and wash their hands.

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- B** When it is time to do your procedure, find a place like a bathroom and follow Steps 1-12 above, using the paper towels for a clean work surface.
- C** When you take the Catheter out, rinse it off if possible and store it in the "Used Catheter" Bag. Wash and dry your hands.
- D** When you are home again, wash your used Catheters very well with Antibacterial Soap and water. Store them in your "Clean Catheter" Bag.

Check here when Page 2 of training is complete. ☐

Provider initials _____

Patient initials _____

We agree that the patient understands these instructions and is ready to carry out self care:

Signature Provider

Signature Patient

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